

SPRING 2013

Trail Talk

Adirondack Mountain Club

NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

A Remembrance of Dick Warner

by Ike Siskind

When I heard the news of Dick's passing on Nov. 2, 2012, I couldn't help reflecting on his many contributions to the hiking community. He was an early member of the Ramapo ADK Chapter (founded in 1972). He started leading hikes and by 1975 he was the Club's Trails Chair. He also served as editor of our newsletter and subsequently was Chapter Chair in 1984-86.

Dick was a quiet, savvy, innovative guy and very capable. He was a retired engineer with the Ford Motor Co, and served in the US Army Air Corps in WWII. He grew up in Vermont, where he not only learned to ski but also to ski-jump. The kids in his High School built a ski jump, and were getting so good at it that they soon began to out-jump the hill. At that point the school Principal stepped in and shut them down. In his town of Allendale he served as an EMT in a local Ambulance Corps and also became a Master Gardener. In between volunteering he took guitar lessons and studied German.

In trail work he found his niche working with the Trail Conference. He became involved in helping the NY-NJ Trail Conference with their annual Litter Day trail cleanup. Later, he became a much respected Trail Supervisor, dealing with local authorities while working with, and mentoring others, in nearby New Jersey Parks.

After his retirement from all of his activities he moved to a retirement community where he continued to lead outings for the residents. It was a pleasure to have known him.

A Message From the Chair

I'd like to thank Richard for the warm welcome in his final Note From The Chair. Karen Rose, a longtime member and hike leader for the club is our new Vice-Chair and John Jurasek is our new representative to the Board of Directors in Lake George. John is active in the Sierra Club and Union County Hiking Club and is a welcome addition to our board.

We have some very interesting things planned for the year, including a wine tasting in June and our annual Mohonk Mountain House outing in September. Speaking of events, I understand that the Black Fly Affair in Lake George this year will be something special. Be sure to check our Facebook page and Yahoo Group for details when they become available. I would also encourage you to join our Yahoo Group at groups.yahoo.com/group/North_Jersey-Ramapo_ADK/ to stay informed in the event of last-minute additions to the schedule or hike changes.

I hope that you're all enjoying winter hiking as much as I am. Even though it's cold out it's still important to remember to be prepared for your hikes. Be sure to hydrate, dress in layers, and don't become overheated since you'll be chilled once that perspiration cools. If you're on an icy or snowy trail bring the appropriate traction devices. Above all, stay safe and enjoy everything that winter hiking has to offer.

As Chapter Chair I also want to encourage every member to become more involved in our club. If you have a hike you've been wanting to do why not lead it with the assistance of an experienced hike leader? Are there other events that you would like to see on our schedule? Why not suggest it to a board member or an officer? Remember, this is YOUR club. Get out there, get involved, and make your opinions known.

See you on the trails!

Jeff Sovelove, Chapter Chair



Harriman Park in February. Spring begins March 20!

Photo by Daphne Downes

HIKER'S GUIDE

RESPONSIBILITIES - Hikers with children under 16 and new hikers are required to contact the hike leader in advance to determine if the hike is suitable for them. Minors under 16 are welcome on day hikes when accompanied by a parent or guardian. No person under 18 shall participate in overnight outings unless accompanied by a parent or adult sponsor over 21. The hike leader may refuse to allow a person to hike who is judged to be poorly equipped or unable to do the published hike. Pets are not permitted on hikes unless the hike description clearly states that it is "dog friendly". Non-members are welcome on two hikes after which ADK membership is required. Participants should get to the hike at least 10 minutes prior to the starting time.

RISKS - As with all physical activities, hiking involves hazards. Persons participate at their own risk and will be asked to sign a statement acknowledging that fact before starting the hike. Prior to the hike please advise the leader of any medical condition or physical liability that could affect you during the hike.

FOOTWEAR AND CLOTHING - Wear clothing suited to the weather and carry extra garments for unexpected weather conditions. Dress in thin layers so that you can adjust the number of layers as required to maintain comfort. In winter carry a wool cap and wool or polypropylene gloves or mitts and a windproof shell. Be prepared for rain. Bring a rain jacket and rain pants, preferably of the type that permits venting body moisture. Wear comfortable, sturdy boots. Do not wear cotton garments in winter.

DRINK AND FOOD - Adequate hydration is important year round. Drink frequently during the hike. Carry food to enjoy during the midday lunch stop.

DOG-FRIENDLY HIKES - All hikers with dogs must abide by park leash regulations.

HIKE RATINGS - represent the Pace, Distance and Terrain covered during the hike. A hike's rating is determined by the hike leader.

PACE: A - fast - 2.5 mph or faster
B - moderate - about 2 mph
C - easy - 1.5 mph or less

DISTANCE: is given in miles as noted

TERRAIN: A - Strenuous, long ups and downs, some rock scrambling possible.
B - Moderate ups and downs as occur typically in Harriman.
C - Generally flat with little elevation change.

MAPS - The TC number indicates a NY-NJ Trail Conference map for the area of the hike. For example: TC-118 refers to the Southern Harriman Park map.

ABBREVIATIONS - NCA-No Calls After . . . , Pref.- Leader's contact preference.

EXPENSE SHARING - When car-pooling, passengers are expected to offer the driver funds sufficient to cover the cost of fuel, tolls and parking fees. A \$3.00 minimum per person is recommended. Most hike trailhead meeting locations can be found on NY-NJ Trail Conference maps.

HIKE CANCELLATION POLICY - Sometimes an illness, injury or other unforeseen problem will make it impossible for a hike leader to lead his/her hike as announced in the schedule. When this happens the leader should first try to find a substitute leader so the hike can proceed. The hike schedule chair person or any club officer can assist if necessary. If no substitute leader can be found then the leader or a substitute should appear at the hike meeting place to inform hikers of the situation. If a qualified leader volunteers, he/she should be given the sign-in sheet and the hike can proceed as scheduled. If the hike is one that requires preregistration, the leader must inform all who registered of the change by phone or e-mail.

ADK NORTH JERSEY RAMAPO CHAPTER

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For information: info@hudsonhikers.org

www.hudsonhikers.org/catskills.html

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ADK STICKERS

Stickers for your car windows are available by contacting Phyllis Key at pkeyhiker@gmail.com or Laurie Schweighardt at laurie@adk.org. There is NO charge for the stickers. Be sure to give your full name and address so they can be mailed to you!



Trail Talk is published quarterly in December, March, June and September. Deadline for submissions is generally one month prior to publication date. Please send articles, photos or other contributions to newsletter@hudsonhikers.org

HIKE SCHEDULE • SPRING 2013 • APRIL • MAY • JUNE

Thursday, 4/4 Rockland Lake C 3 C
 Louise Parnell parnelljt@optonline.net or 845-290-5287
 Meet at 10 AM at parking lot #1 off Route 9W in Congers for a walk around Rockland Lake. Call if any questions. TC map 111.

Saturday, 4/6 Eagle Rock, Panther & Catamount Adventure B 7 B
 Dean Gletsos cgletsos@yahoo.com 845-354-0738
 Join me for an unusual hike over old lumber roads and regular trails. Nice views and a surprise. Meet 9:30 AM at the Ladentown parking area, end of Diltz Road. TC map 118.

Saturday, 4/6 Pyramid Mountain B 4/5 B
 Jeffrey Sovelove Hiker_Dood@yahoo.com
 This will be a 4-5 mile loop hike past Tripod Rock using a variety of trails. Hiking boots are a MUST! There is quite a bit of elevation change and significant climbing. See the Morris County Parks web site www.morrisparks.net/aspparks/pyrmtnmain.asp for directions and info. Bring lots of water and a light snack. Meet in the Pyramid Mountain Visitor's Center parking lot at 10 AM. Inclement weather cancels. Joint ADK/ Sierra Club hike. TC Map 125.

Sunday, 4/7 To The Timp From The Hudson B+ 9 A
 Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021
 Great hike with wonderful views of the Hudson River with challenging ups and downs on the Timp Torne and RD Trails. Enjoy lunch on the Timp with more views. Plan for a full day's outing. Due to terrain rain will cancel this event. Hike is for experienced hikers. Must register with full name and phone number for meeting time and place by Friday before the Hike. No e-mail after early Friday morning. TC map 119.

Thursday, 4/11 From the Hollow To The Cabin B 6.5 B
 P. Tilgner, S. Gordon browning.27@verizon.net or 201-871-3531 (c) 201-681-0592
 We hike the Parker Cabin Hollow Trail and several other trails to get to Parker Cabin Mt. for lunch. Meet 9:30 AM at the Parker Cabin Trail Parking Pull-Off on Rt. 106 just west of the I-87 underpass. Please register for this hike. Severe inclement weather cancels. TC map 118.

Thursday, 4/11 Ramapo Reservation C 3 C
 Louise Parnell parnelljt@optonline.net or 845-290-5287
 Meet at 10 AM at the parking lot on Ramapo Valley Road (Rt. 202) for a walk around the lake. TC map 115.

Saturday, 4/13 Long Pond Ironworks B 6 B
 Peter Reiner psr7777@gmail.com or 845-634-7635
 Meet 9:30 AM at Long Pond Ironworks Visitors' Center on Margaret King Ave. We will hike on the Sterling Ridge, Hasenclever and Monks Trails around Monks Mountain. Wonderful views of Monksville Reservoir. Rain cancels hike. Call or e-mail leader to register. TC map 115.

Sunday, 4/14 Surprise Lake Loop B 6 B+
 Kevin Prunty/Jay Reilly gap3380@mac.com or K.(h) 845-942-1249 J.(c) 845-826-3083
 We'll meet at the A&P/Sears parking lot in the Hewitt section of West Milford 9:30AM. We'll hike to the Surprise Lake area on Bearfort Ridge going up via the Bearfort Ridge Trail and returning

via the Quail Trail. Registration by e-mail preferred. Call Jay's cell before 8:30 AM if the weather is questionable. TC Map 116.

Thursday, 4/18 Saddle River County Park C 3 C
 Louise Parnell parnelljt@optonline.net or 845-290-5287
 Meet at 10 AM at the parking area off Ridgewood Ave. in Ridgewood NJ and park in the last parking area before the exit back to the street. Call if there are any questions.

Thursday, 4/18 A Harriman Hike B 6 B+
 Diane Grunthal dgrunthal@yahoo.com (pref.) or 973-728-8057 (c) 862-228-1024

We will hike at a moderate pace over steep and rocky terrain. This is an exhilarating hike with a number of scrambles. Cumulative elevation gain in the neighborhood of 1800'. E-mail or call leader to register for meeting time and place by Tuesday before hike by 6 PM or by e-mail to Yahoo Groups by 7 AM. Call home phone before 9 AM or cell morning of hike only after 9 AM. TC map 118.

Saturday, 4/20 Ramapo Mountain Adventure B 7 B
 Dean Gletsos cgletsos@yahoo.com or 845-354-0738
 Join me for an unusual hike over old logging roads and regular trails to a lake for lunch. Nice views and a surprise. Meet 9:30 AM at the Equestrian Center, off Rt. 202 in Pomona. TC map 118.

Sunday, 4/21 The Camp Smith Trail B 8 A-
 Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021
 Hike along the east Hudson enjoying the best views of Harriman Park, Bear Mountain, the Hudson River. Hike is full of ups and downs. We will hike from the historic Bear Mt. Toll House to Anthony's Nose, stopping to see numerous views as we go. Lunch will be at the Nose as we sit overlooking the Bear Mountain Bridge and the Hudson below. Plan for a full day's outing. Due to terrain rain will cancel this event. Experienced hikers only. Must register with full name and phone number for meeting time and place by Friday before the hike. No e-mail after early Friday morning. TC map 101.

Thursday, 4/25 In The Woods B 6/8 B
 Paul Margiotta pjmm11@verizon.net (pref.) or 201-693-6705
 Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7:00 PM on Wednesday. No beginners please.

Thursday, 4/25 Piermont Pier C 3 C
 Louise Parnell parnelljt@optonline.net or 845-290-5287
 Meet at 10 AM at the parking lot behind the restaurant Confetti on Ash Street in Piermont. We'll walk the pier and enjoy the view.

Saturday, 4/27 Surprise Lake B 5 B+
 Fred Hodde Bullwnk1@aol.com or (h) 973-728-3223 (c) 973-722-7824

We'll meet at the A&P/Sears parking lot in the Hewitt section of West Milford (Rt. 511) at 9:30 AM. We'll hike to the Surprise Lake area on Bearfort Ridge going up via the Bearfort Ridge Trail and returning via the Quail Trail. Not for beginners Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Map 116.

Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo Group

HIKE SCHEDULE • SPRING 2013 • APRIL • MAY • JUNE

Sunday, 4/28 Tuxedo Circular B 8 B
 Robert Permutt rpermutt2003@yahoo.com (pref.) or
 914-588-0212
 Meet at 10:00 AM at the weekend parking lot for the Tuxedo Train Station. A circular hike through Southern Harriman State Park with a lunch stop at Lake Skenonto. Please pre-register with hike leader on or before 4/20/13. TC map 118.

Thursday, 5/2 In The Woods B/C 5/7 B
 Richard Sumner rls@rsumner.com or 845-362-8470
 Harriman or other nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on my knees, the group and the weather. Details will also be posted on Facebook and the Yahoo Group.

Thursday, 5/2 Bear Mt. Bridge C 3 C
 Louise Parnell parnelljt@optonline.net or 845-290-5287
 Meet at 10 AM at the parking lot of Ft. Montgomery off Route 9W north. We will walk over the Bear Mt. Bridge and enjoy the view.

Saturday, 5/4 Turtleback Rock, S. Mountain Reservation B 6 B
 Jeffrey Sovelove Hiker_Dood@Yahoo.com
 We will start at Turtleback Rock trailhead at 10 AM. See the Essex County Parks Commission web site www.essex-countynj.org/p/index.php?section=parks/sites/so for directions. Bring lots of water, and wear hiking boots. We will take the orange trail down to Hemlock Falls and also see the famous Turtleback Rock. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Sunday, 5/5 Club RD Trail Maintenance Hike C 6 B
 Karen Rose kkarose@aol.com or 201-962-8546
 Meet Tiorati Circle at 10 AM. Join me to hike and inspect the RD to the Wm. Brien Memorial Shelter and back again. We will be stopping to throw off blowdowns, clip back brush, pick up trash, install new blazes, etc. Bring work gloves, clippers if you have them and lunch. Heavy rain cancels. Please call or e-mail to register. TC map 119.

Sunday, 5/5 Cabot & Touchmenot Mountains B 8 B+
 The Catskills in Spring
 Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021
 Lovely hike in the western Beaverville section of the Catskills. We will hike from great trout fishing lake Big Pond to Touchmenot, Little Pond, and the lovely Beaverville Vista on Cabot Mountain. Ups, downs and scrambles are a part of our spring day in the outdoors and we enjoy spring flowers and wildlife in this quieter area of the Catskills. Well worth the drive. Plan for a full day's outing. Due to terrain rain will cancel this event. Hike is for experienced hikers. Must register with full name and phone number for meeting time and place by Friday before the hike. TC map 144.

Sunday 5/5 Watchung Reservation/Sierra Trail B 11 B
 Brian Horowitz Brian.Horowitz@Yahoo.com or 908-625-4916
 We will go out afterwards for a meal. Rain or inclement weather will cancel. Please contact leader the day before hike for any changes or cancellation. Meet at 11:30AM in parking lot of the Trailside Nature & Science Center located at 452 New Providence Road, Mountainside, NJ 07092 (gps 40.683024,-74.372963). This

will be a combined ADK and www.mosaic-gny.org event. Go to: ucnj.org/community/parks-community-renewal/parks-facilities/trailside-beta/directions/

Thursday, 5/9 Kakiat County Park C 3 C
 John Parnell parnelljt@optonline.net or 845-290-5287
 Meet at 10 AM at the parking lot off Route 202 and opposite the Viola School in Airmont NY. Call if there are any questions.

Saturday, 5/11 1777/79 Trail South B 7 B
 Peter Reiner psr7777@gmail.com or 845-634-7635
 Meet leader at 9:30 AM at Fort Montgomery Historic Site located off Rt. 9W north. We will travel on the historic 1777/1779 Trail along Popolopen Creek and change to the Anthony Wayne Trail. Nice views of Queensboro Lake from the trail. The hike will end at the parking area off Seven Lakes Drive. Car shuttle is required. Rain cancels. Call or e-mail leader to register. TC map 119.

Sunday, 5/12 Timping Along B 7.5 A-
 Kevin Prunty/Jay Reilly gap3380@mac.com or K.(h) 845-942-1249
 J. (c) 845-826-3083
 We ascend via Cornell Mine Trail to the Timp and Hudson panoramic views, weather permitting. Meet 9:30 AM at Cornell Mine Trailhead Parking on Rt. 9W. Precipitation cancels. Call Jay's cell before 9:00 if the weather is questionable. TC Map 118.

Thursday, 5/16 In The Woods B 6/8 B
 Georgette Fazzari grfhiker@gmail.com (pref.) or 551-265-2369
 (NCA 9 PM)
 Varied terrain in Harriman or nearby parks. Contact leader the week of hike for details and to register.

Thursday, 5/16 Clarke Trail C 3 C
 Louise Parnell parnelljt@optonline.net or 845-290-5287
 Meet at 10 AM in the Lowe's parking lot off Route 303 in Orangeburg. Park on the north side of the building. Call if there are any questions.

Saturday, 5/18 Silvermine Circular B 6 B
 Fred Hodde Bullwnk1@aol.com or (h) 973-728-3223/(c)
 973-722-7824
 Meet at the Silvermine Parking Lot off Seven Lakes Drive at 9:30 AM. We'll do a circular starting with the Menomine past Lake Nawahunta, followed by the Long Path and AT Trails and returning to the starting point via the Menomine. Registration by e-mail is preferred. Call 973-722-7824 before 8:20 AM if the weather is questionable. TC Map 119.

Sunday, 5/19 Panther Mountain & the Giant Ledges B 7 A
 Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021
 This classic Catskill hike is full of upward scrambles that are rewarded by the many views from the Giant Ledges on Panther Mountain. While many mountain climbs do not have views this hike has more than its share. The Catskills are lovely to see in spring. Plan for a full day's outing. Due to the terrain, rain will cancel this event. Hike is for experienced hikers. Must register with full name and phone number for meeting time and place by Friday before the hike. TC map 142.

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- Thursday, 5/23 In The Woods B/C 5/7 B
Richard Sumner rls@rsumner.com or 845-362-8470
Harriman or other nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on my knees, the group and the weather. Details will also be posted on Facebook and the Yahoo Group.
- Thursday, 5/23 Perkins Tower C 3 C
John Parnell parnelljt@optonline.net or 845-290-5287
Meet at 10 AM at the parking lot near the Tower. Call if there are questions. TC map 119.
- Saturday, 5/25 Bellvale Mt./ Bearfort Ridge B 9 A-
Gary Wiltshire gjwiltshire@hotmail.com
Meet 9 AM at the A&P/Sears Shopping Center on Rt. 511 in Hewitt. This hike requires a car shuttle. We will hike the AT, Ernest Walter and Bearfort Ridge Trails south from Mt. Peter in Warwick, NY. to Hewitt. This hike has great views of Greenwood Lake and points east. Experienced hikers only. Please e-mail leader by Friday to register. TC maps 100 and 116.
- Sunday, 5/26 Catskills Hike - Twin and Indian Head B 7 A
George Preoteasa gvpreo@gmail.com or 201-694-8344
This is a trail hike on the Devil's Path in the Catskill Mountains (approx. 100 miles from northern NJ), with great views and a few nice scrambles. Total elevation gain is 2400 ft. Not for beginners. Bad weather cancels. E-mail or call leader by May 24 to register and for meeting place and time. TC map 141.
- Thursday, 5/30 A Stonetown Hike B 5 B+
Diane Grunthal dgrunthal@yahoo.com (pref.) 973-728-8057
We will do a moderate pace over part of the Stonetown Circular with dazzling, dramatic views all day. 700 foot climb up to begin our hike over 3 mountains. E-mail or call leader by 6 PM Tuesday before hike for meeting time, place and to register. Rain cancels. If in doubt, e-mail to Yahoo Group by 7 AM. or call home phone before 9 AM, or cell morning of hike after 9 AM. Car shuttle required. TC map 115.
- Thursday, 5/30 Esposito Trail C 3 C
John and Louise Parnell parnelljt@optonline.net or 845-290-5287
Meet at 10 AM on South Broadway in South Nyack near the South Nyack Police Station. Park in the street near the gazebo. Call if there are any questions.
- Saturday, 6/1 Brotherhood Winery Outing**
Join fellow NJR wine tasters 3 PM for a 3:30 PM tour of the winery located at 100 Brotherhood Plaza Drive, Washingtonville, NY 10992, 845-496-366. For directions go to: www.brotherhood-winery.com/contact.html. Please see page 7 for details.
- Sunday, 6/2 Wildcat and Townsend Trails B 6.5/7B
P. Tilgner, S. Gordon browning.27@verizon.net or 201-871-3531 (c) 201-681-0592
We will hike Sterling Forest's Wildcat and Townsend Trails in and out from the Commuter Parking Lot located at the junction of Rts. 17A, 17 and 106. Our start time is 10 AM. Lunch with a view. Please register for this hike. TC map 100.
- Thursday, 6/6 In the Woods B 5/8 B
Debbie Bell deb2@columbia.edu 845-358-8386 (NCA 9 PM)
Varied terrain in Harriman or nearby parks. Contact leader for hike details.
- Saturday, 6/8 Norvin Green B 7 B+
Allison Tully alitully63@optonline.net or (c) 845-656-0442
Meet at Weiss Ecology Center parking lot 9:45 AM. Route TBA at trailhead. Rain or precipitation cancels. Call morning of if in doubt. Register by June 1. TC map 115.
- Saturday, 6/8 Sterling Forest Bare Rock Vista B 6 B
Jeffrey Sovelove Hiker_Dood@yahoo.com
Meet at the Visitors' Center at 10 AM sharp. We'll climb to the Sterling Forest Fire Tower then to the Bare Rock Vista for lunch. After lunch, we'll return to the Visitors' Center back down the Bare Rock Trail. See the Sterling Forest web site for information and directions: <http://nysparks.state.ny.us/parks/74/details.aspx>. Inclement weather cancels. Joint ADK/Sierra Club hike. TC map 100.
- Sunday, 6/9 Blueberry Run and Laurel Blooms B+ 8 B
Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021
Discover Minnewaska State Park in early June. Carriage roads, hiking trails with scrambles, lovely streams, lakes and views. We are hoping to catch the local mountain laurel in bloom. Park fee applies. Call for exact meeting time and location. Plan for a full day's outing. Due to terrain rain will cancel this event. Experienced hikers only. Must register with full name and phone number for meeting time and place by Friday before the hike. No e-mail after early Friday morning. TC map 104.
- Sunday, 6/9 Adirondacks - MacNaughton (4000 ft) B/C 15 A
Elie Bijou adirondacks@verizon.net or 518-873-2119
A hike to the 47th 46'er. Our route will take us from the Loj along the Indian Pass Trail to Wallface ponds. Then we will take a bushwhack bearing to the summit. Expect the route to be wet. Please bring bushwhack gear, including long sleeves and pants, expendable gloves and clear eye protection as well as extra food. Distance, approximately 15 miles. Please register by May 1.
- Thursday, 6/13 In The Woods B 6/8 B
Paul Margiotta pjmm11@verizon.net (pref.) or 201-693-6705
Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7:00 PM on Wednesday. No beginners please.
- Saturday, 6/15 Panther & Giant Ledges in the Catskills B 10+ A
Gary Wiltshire gjwiltshire@hotmail.com
Meet first at the Woodland Valley Campgrounds in Phoenicia NY. We will car-pool to Fox Hollow Rd. to begin our hike. It is a long ascent to Panther; as we head back toward Woodland Valley we will pass Giant Ledges. This could be a long day, not for beginners. Bring plenty of water and food. Please register by e-mail by Friday before hike. We may arrange a car pool from Trail Conference Office in Mahwah for those coming from the city. TC map 142.

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Sunday, 6/16 Bare Rock Vista B 6 B
Fred Hodde Bullwnk1@aol.com or (h) 973-728-3223
(c) 973-722-7824

We'll meet at the upper parking lot for the Sterling Forest Visitors' Center at 9:30 AM. We'll start with a climb to the Sterling Forest Fire Tower to take in the view, then we'll hike to the Bare Rock Vista for lunch and the view. After lunch, we'll return to the Visitors' Center by "strolling" back down the Bare Rock trail. Registration by e-mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC map 100.

Monday, 6/17 An evening on the AT & Ice Cream B 2/3 B
Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021
We will hike a section of the AT on Bellevalle Mountain overlooking Greenwood Lake on this early summer evening. Hike is an in and out allowing us to return to Bellevalle Creamery for that summer treat ice cream. Rain or thunder storms will cancel this evening event. Must register with full name and phone number by Saturday before the hike. No e-mail after early Friday morning. TC map 100.

Thursday, 6/20 Johnstown Circular B 6.5 B
Fred Hodde Bullwnk1@aol.com or (h) 973-728-3223
(c) 973-722-7824

Meet at the Johnstown Circle at 9:30 AM. The planned route will be on the Blue Disc, Victory and White Bar Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Map 118.

Saturday 6/22 Mohonk Preserve Multiple Rock Scramble B 9 A
Brian Horowitz Brian.Horowitz@Yahoo.com or 908-625-4916
Spend the day seeing what scrambles Monhonk Preserve has to offer. We will spend a full day at moderate pace playing among the rocks of the Shawangunks. This is a strenuous hike with at least 4, maybe 6 separate rock scrambles. Not for beginners. Only for people comfortable with hands and knees on the rock scrambling and contorting through crevices. After the hike we will enjoy the wonders of split rock waterfall and go for a swim. Once everyone has cooled off we will then head back to New Paltz to catch dinner at a local restaurant. Expect a late return home. For safety dry rock is essential so we will cancel if raining day of or day before or schedule an alternate hike instead. RSVP is required by Thursday 5 PM on 6/20 by e-mail only to get meeting time and place. Please make sure to give your cell phone number in the e-mail. If you do not get a confirmation e-mail you are not on the hike. Limit of 15 people. This will be a combination of ADK and <http://www.mosaic-gny.org> event. Leader will be camping in the area. Ask me if you would like to join me camping. TC map 105.

Sunday, 6/23 Seven Hills Trail in Harriman B 8 B
Karen Rose kkarose@aol.com or 201-962-8546
Meet 9:00 AM at Reeves Meadow Visitors' Center parking. We will hike most of the Seven Hills trail looping around to our starting point. Be prepared for a few rock scrambles. Rain cancels. Please call or e-mail to register. TC map 118.

Thursday, 6/27 In The Woods B/C 5/7 B
Richard Sumner rls@rsumner.com or 845-362-8470
Harriman or other nearby parks. Call or e-mail for details the

week of the hike. Pace may be B or C depending on my knees, the group and the weather. Details will also be posted on Facebook and the Yahoo Group.

Saturday, 6/29 Sterling Forest Twofer B 8 B+
Fred Hodde Bullwnk1@aol.com or (h) 973-728-3223
(c) 973-722-7824

We'll meet at the upper parking lot for the Sterling Forest Visitor's Center at 9:30 AM. We'll start with a climb to the Sterling Forest Fire Tower. After taking in the view, we'll hike to the Bare Rock Vista where we'll enjoy lunch. After lunch we'll continue south on the Bare Rock Trail to the Fire Tower Trail hiking north on it and Sterling Ridge Trail (requiring some steep up and rock scramble). Not for beginners. Registration by e-mail is preferred. Call cell before 9 AM if the weather is questionable. TC map 100

Saturday, 6/29 Adirondacks - Marcy, Gray and Skylight B/C 18 A
Elie Bijou adirondacks@verizon.net or 518-873-2119
Join me for my annual hike to Mt Marcy massif. The route takes us to Lake Arnold, then up Feldspar Brook to Gray (4820 ft), Skylight (4926 ft), followed by an 1100 foot ascent up Mt Marcy (5344 ft). 18 miles. Please bring extra food and fleece as the weather in June can be downright frigid. Please register by May 1.

Sunday, 6/30 Pine Meadow Circular B 7.5 B+
Kevin Prunty/Jay Reilly gap3380@mac.com or K.(h) 845-942-1249
J.(c) 845-826-3083

Meet at 9 AM at the Reeves Visitors' Center for the start. We will follow the Pine Meadow Trail around Pine Meadow Lake, and then take the Kakiat and Stony Brook Trails back to our meeting spot. This is a lovely hike with great views of the lake. Call or e-mail leader to register. Call Jay's cell before 9 AM if the weather is questionable. TC Map 118.



Last-minute changes in the hike schedule will be posted on Facebook and/or Yahoo. This is the place to look for cancellations, changes in meeting place or time and last-minute additions to the hike schedule. The easiest way to get there for the first time is from our website home page. Just click on the icon to go to those pages. Remember, you don't have to join Yahoo or Facebook to see our pages.



MANY THANKS, HIKE LEADERS ...

... for sending me your hiker registration forms. It is so very important that we have them on file.
Betty Heald
Sign-In Form Collection
201-967-2937
formcollection@hudsonhikers.

Springtime Hiking

by Deanna Felicetta

It's springtime, and there is a wonderful excitement in the outdoors. Whether you are a fan of snow and winter, or you prefer to pass the season doing indoor activities; everyone enjoys the arrival of spring. How about you? Do you hike in the spring? If you do, you know that the woods are alive with activity. The streams are sparkling and gurgling, the trees are budding, the birds are singing, and the plants are pushing forth with new growth. Oh, we must not forget the animals! You may even get a glimpse of them in their home when you are out in the forest.

It must be said that the wildflowers are nature's most magnificent springtime display. The variety of colors and shapes will surprise you. It is a treat to find that the woods' floor has turned to a carpet of beautiful little flowers, or that as you walk around a lake or pond the flowers delight you with their colorful displays. Spring glory, trout lilies, leeks, fiddleheads, buttercups, wild azaleas, mountain laurel and of course those lovely little trillium are all there! As you can tell I am a great fan of these lovely creations. And I must not forget to mention that there is that special aroma called spring!

There are some less welcome arrivals in the spring. Yes, the bugs do especially like mid-May through mid-June, and perhaps even a bit later in the year for areas further north such as the Adirondacks. Hikers should be aware that these mosquitoes, no-see-ums and black flies can make life very uncomfortable. They are determined and impossible to ignore. Bug spray, bug lotion and hiker's attire can be helpful in combating the insects. However, I must say that a nice cool breeze is one of the best things to discourage their numbers, if you can arrange for one or two on your hike!

AVGOLEMONO SOUP (Egg/Lemon Soup)

A much requested recipe from Dean Gletsos. Bon appetit!

64 oz chicken broth	1 small onion (or half big)
2 cups rice or orzo	4 eggs
1 small carrot (or half big)	2 lemons or 6 tblsp. bottled
1 4" stalk of celery	Salt and pepper, as needed

In a large pot add the broth, rice/orzo and a paste made in a food processor or blender of carrot/onion/celery. Heat to boil and mildly boil for 20 minutes. Turn off heat, but keep warm. Meanwhile, separate the eggs and in a medium bowl, beat the egg whites well for a minute (I use electric beater). Add the yolks and beat both for another half minute. Add the lemon juice and mix well. Start adding PORTION-WISE a cup of the hot broth mixture into the egg/lemon mixture, while beating vigorously and continuously. DO NOT ADD THE OTHER WAY AROUND! After 2-3 cups of hot broth mixture has been added, add this mixture SLOWLY into the rest of the hot broth mixture, while CONTINUOUSLY and vigorously stirring. Now the soup is frothy and ready to serve. Preferably served before the main course with crusty bread and feta cheese. Yummy! (serves 6)

With all this discussion of the beauties and the little beasts, we must not forget that we cannot just skip out into the woods without some forethought. Plan your adventure in the outdoors. When picking your hike location, take out your maps and check your desired route. Plan your starting location and time with your fellow hikers and also let those at home know where you are going.

Now put your map, compass, water, beverages and snacks in your pack. Remember to pack extra clothing that you can layer. It may also be a good idea to include a waterproof jacket, extra socks, and a hat. Spring weather can change as the day progresses. Remember the bug spray, your cell phone and if you like a camera too. A hiker's delight is truly waiting for anyone who will come outdoors and hike this spring. Enjoy your day on the trail!



Spring flowers
in the Catskills

Photo by Deanna Felicetta

WINE TASTING SATURDAY, JUNE 1st

On Saturday, June 1st at 3 PM our club will have the opportunity to tour and taste wines at the Brotherhood Winery in Washingtonville, NY. The Brotherhood Winery is said to be America's oldest winery, established in 1839. Our tour will take us through the network of their underground cellars as we learn about the wine-making process from an experienced guide. We will learn about the difference between a pinot noir, cabernet sauvignon, and merlot. After the tour we will sample the wines in their attractive tasting room.

We have the option of dining in the Winery's restaurant, Vinum Cafe, at 5 PM after the tour. The Cafe is located on the ground floor of the original winery building and their award-winning chef has created an exciting dinner menu. The cost of the tour and tasting will be \$10 payable when you arrive (this does not include dinner). Please RSVP to me by May 20th and let me know if you will be there for the tour/tasting and if you will join us for dinner. The group size is limited so contact me as soon as you can. Visit the Winery web site for directions and more details (www.brotherhoodwinery.com).

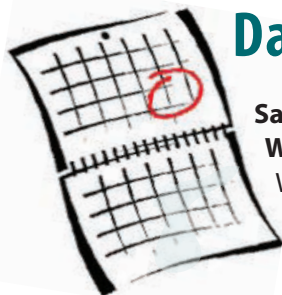
Suzan Gordon, Program Chair
browning.27@verizon.net
201-871-3531

Adirondack Mountain Club
 North Jersey Ramapo Chapter
 385 N Franklin Tpke, Box 7
 Ramsey, NJ 07446

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Dates to Remember!

Saturday, June 1st 3PM
WINE TASTING

Wine tasting at the Brotherhood Winery,
 Washingtonville, NY. Tour, taste wines,
 have dinner. See page 7 of this news-
 letter for more details.

RSVP to
 Suzan Gordon
 by May 20th.



Welcome New Members!

Denise Davies – Greenbrook NJ
 Nicole Silva & Jason Blanchard – Philadelphia PA
 Kathy Callahan & Thomas Rodgers – Wayne NJ
 Diana Cutt & Gerardo Iturrino - Nyack NY
 Brian Keenan – Goshen NY
 John McArdle – Hackettstown NJ
 Bruce Scott – West Caldwell NJ
 Fred Villanova – Fair Lawn NJ
 Raul Arrazcacta – Upper Montclair NJ - affiliate
 Bruce Kienle – Montvale NJ – affiliate
 Barbara Conover – Nashua NH
 Marco Moretti – Allendale NJ
 Harold Quinn – Flemington NJ
 Gideon Romann – Maplewood NJ affiliate
 Liz Sabin – Larchmont NY – affiliate

Welcome Back

Ken & Carol Forester – Hackensack NJ
 Noreen Pye – New York NY
 Leo Cuomo – Islip NY – affiliate
 Robert Blanco – Warwick NY affiliate